

# Injected\_Contraception\_Jul- Des\_2019

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## THE RELATION OF LENGTH OF USE THE INJECTED CONTRACEPTION WITH SEXUALITY ON FERTILE WOMEN IN COVERAGE AREA OF PUSKESMAS CAILE, BULUKUMBA, INDONESIA

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### ABSTRACTS

Side effects caused by contraception include menstrual cycle disorders, changes in body weight, acne, breast pain, nausea, bleeding, vaginal discharge, liver dysfunction, changes in libido, and others side effect. Some researches of hormonal contraception still difficult to systematically explore how these methods influence sexual functioning. This study aims to evaluate the relation of the length of use the injected contraception with sexuality on fertile women. This study is descriptive-analytic observational using a cross-sectional design. The population of this study was all registered acceptors of family planning program using injected contraception in the coverage area of Puskesmas Caile in District Bulukumba. The population of this study was 72 acceptors. There were 41 subjects of research selected by simple random sampling participated in this study after signing the form of informed consent. Data collected by self-administered questionnaire was developed by the researcher based on the referred theory. Data analyzed using SPSS for Windows. The results showed that 70.7% of subject experienced declining in sexual passion. 48.3% of them had used injected contraception for at least one year and 51.7% of them had used for 2 years and more. This study proved there was no significant relationship between the length of use of injected contraception with sexuality ( $p=0,497>0,05$ ), but this study found that acceptors using injected contraception tend to experience declines in sexual passion even using it for at least one year. Declining in sexual passion in long-term occurred due to hormonal changes, resulting in drying in the vagina which causes pain during intercourse and ultimately decreases sexual passion. This study suggests exploring more detailed about the effect of injected contraception on sexual passion on fertile women.

**Keywords:** length of use, injected contraception, sexual passion

### INTRODUCTION

Contraception is a method used to enable women taking care of their self and families, supporting themselves financially, and allowing them to finish their education<sup>1</sup>. Actually there is no obligation to use certain contraception if women need to postpone their pregnancy, regulate the pregnancy or end the pregnancy, but there are few recommendations to use certain contraception in accordance with their respective goals for effectiveness.

In the sexual function, assessment primarily objected to identifying sexual desire/libido, orgasm, satisfaction and pain<sup>2</sup>. Decreased libido is a result of the effects of hypoestrogenic due to the use of Depo-Medroxyprogesterone Acetate (DMPA) injected that can reduce the frequency of sexual intercourse and cause a decrease in sexual quality<sup>3</sup>. Globally the use of hormonal contraception increased by 0.4%, from 57% in 2012 to 57.4% in 2015, and in Asia the use of hormonal contraception increased from 60.9% to 61.8%.

Ministry of Health Survey Results in 2014, In Indonesia active family planning coverage was 75.88% with details of injected 38.21%, pills 13.54%, implants 7.56%, Intra-Uterine Device (IUD) 11.59%, condoms 2.28%, and MOW 2.64%. The survey results of active family planning participants in Indonesia in 2015 showed injecting contraception is still the first choice for fertile age couples with a percentage of 53.80%, followed by contraception pill 28.30%, implants 21.99%, IUD 6.79%, MOW 5.59%, condoms 3.69%, and MOP 0.49%. Whereas the coverage of active injected in 2016 was 47.78%, pills 23.6%, implants 10.58%, IUD 10.73%, condoms 3.16%, and MOW 3.49% (Patmahwati, 2018).

Data obtained from the health office of District Bulukumba regarding injected contraception use showed that the highest percentage of fertile age couples in Bulukumba used injected contraception methods accounted for 50.60%. The second most common method was the pill, amounting to 28.87%. The least chosen method by new KB participants was the male

surgery method (MOP) of 0.14%, then the female surgery method (MOW) of 0.65%, and condoms (8.06%) (Health office of District Bulukumba, 2014).

Based on data from the maternal and child health polyclinic in Puskesmas Caile, Bulukumba District, the number of injected contraception users (family planning acceptors) in 2016 from January to December accounted for 275 acceptors, in 2017 from January to December there were 329 acceptors, and in 2018 from September to October there were 72 acceptors using injected contraception (Puskesmas Caile, 2018).

Based on the recent study Aisyah (2015), the number of 3-month injected users for more than 2 years was 54 people, experiencing a change in the libido of 59.7%, totaling 46 people and 8 people had no change. The important study regarding this research<sup>9</sup> with the title "the effect of using the Depot Medroxyprogesterone Acetate (DMPA) injected contraception method on the incidence of sexual dysfunction" found 57.28% of acceptors using DMPA Injected longer than 24 months but failed to find the relationship between the length of use with sexual dysfunction ( $p=0,288$ ).

In the vicinity of the community in the working area of the Puskesmas Caile Bulukumba, especially for women who use injectable contraception, many of them do not know the side effects of the injected contraception use. In fact, there are some acceptors complained to health officers especially midwives and nurses that during using injected contraception their sexual drive became decreased. Side effects caused by contraception include menstrual cycle disorders, changes in body weight, acne, breast pain, nausea, bleeding, vaginal discharge, liver dysfunction, changes in libido, and others side effect. Some researches of hormonal contraception still difficult to systematically explore how these methods influence sexual functioning.

Based on the preliminary research, acceptor reports, and further exploring regarding its side effect, the author interested in conducting a study entitled the relation of the length of using the injected contraception with sexuality on fertile women in a coverage area of Puskesmas Caile, Bulukumba.

## MATERIAL AND METHODS

This study aims to evaluate the relation of the length of use injected contraception toward sexuality on fertile women. This study is descriptive-analytic observational using a cross-sectional design. The population of this study was all registered acceptors of family planning program using injected contraception in the coverage area of Puskesmas Caile in District Bulukumba. The population of this study was 72 acceptors. There were 41 subjects of research selected by simple random sampling participated in this study after signing the form of informed consent.

Data collected by self-administered questionnaire was developed by the researcher based on the referred theory. The questionnaire regarding sexuality consists of 20 items. Items number 1 and 2 asking about sexual drive, items number 3 up to 6 asking about sexual stimulation, items number 7 up to 10 asking about lubrication, items number 11 up to 13 asking about orgasm, items number 14 up to 16 asking about satisfaction, and items number 17 up to 20 asking about pain. These items used a Likert scale.

This study was conducted from December 2018 to January 2019 in Puskesmas Caile, District Bulukumba, in South Sulawesi Province, one of the provinces in Indonesia. Data were extracted from the questionnaire using steps such as editing, coding, data entry, analysis, and presenting data using table and narrative description.

Data were analyzed using SPSS for Windows. Data analysis was conducted by descriptive statistic for explaining detailed about the respondent's age group, level of education, and respondent's occupation. The inferential analysis using Chi-square test was performed to evaluate the relationship between the length of injected contraception use with sexuality among fertile women.

## RESULTS AND DISCUSSION

The characteristic respondents of this study can be seen in the table below:

**Table 1. Characteristics of Fertile Women using Injected Contraception**

Age Group (years)	Frequency (f); n=41	Percent (%)
Age group (years)		
25 - 35	13	31,7
36 - 45	19	46,3
46 - 55	9	22,0
Level of Education		
Elementary school	1	2,4
Yunior High School	13	31,7
Senior High School	13	31,7
Graduated	14	34,2
Occupation		
Housewife	15	36,6
Private job	12	29,2
Civil servant	14	34,2

Table 1 showed that most of the respondents were at age group 36-45 years old amounted to 19 respondents (46,3%) followed by age group 25-35 years old amounted to 13 respondents (31,7%), and age group 46-55 years old amounted to 9 respondents (22,0%). Their education level commonly graduated accounted for 14 respondents (34,2%) and then followed by Senior and Yunior High School with the same proportion each numbered 13 respondents (31,7%). Most of respondents occupation were housewife numbered 15 respondents (36,6%) while others work as a civil servant 14 respondents (34,2%), and private job 12 respondents (29,2%).

Inferential analysis was used to explore statistically the relationship between the independent variable (length of use of injected contraception) and dependent variable (sexuality on fertile women). The analysis results using Chi-square test was presented in Table 2 below:

**Table 2. The relation of Length of Use Injected Contraception on Sexuality in Fertile Women**

Length of Use	Sexuality				Total p=0,497	
	No Change		Declined		N	%
	n	%	n	%		
1 year	4	22,2	14	77,8	18	100,0
≥ 2 years	8	34,8	15	65,2	23	100,0
<b>Total</b>	<b>12</b>	<b>29,3</b>	<b>29</b>	<b>70,7</b>	<b>41</b>	<b>100,0</b>

It is apparent from this table that the most common fertile women in Puskesmas Caille District Bulukumba have used injected contraception more or equal than 2 years

amounted to 23 respondents (56,1%) and other 1 year – less than This thing years amounted to 18 respondents (43,9%). Fertile women using injected contraception showed that most of them experienced declining in sexuality amounted to 29 respondents (70,7%), and others had no change amounted to 12 respondents (29,3%). Data analysis using Chi-square test showed a non-significant correlation between length of use and sexuality ( $p=0,497<0,05$ ).

## DISCUSSION

This study results a significant point about the relationship between the length of use injected contraception in family planning acceptors toward their sexuality. Even though there was no significant correlation between variables, but both group acceptors used injected contraception 1 - < 2 years and ≥ 2 years had decreased in sexuality during using injected contraception. This finding means that injected contraception has an influence in decreasing sexuality even of acceptors used it just 1 year.

This finding was supported by Casado et al. (2019), stated that hormonal contraception use apparently has responsibilities in decreasing of circulating androgen, level of estradiol and progesterone. This thing also associated with inhibition functioning of oxytocin. The use of hormonal contraception including injected contraception may alter response toward the expectation of sexual stimuli, women's pair-bonding behavior, and enhance sexual jealousy.

This finding will affect women preferences of contraception method where in the future they will avoid of using hormonal contraception and choose non-hormonal contraception. This statement is supported by recent publication Spagnoletti et al. (2019) conveyed that restricted interest in and plan to use biomedical and hormonal contraception methods among Indonesian women middle-class especially middle-class women in urban Yogyakarta. Women's preferences for their contraception choices become more complex and multiplex: most had concerns about side effects and the safety aspect related to hormonal and biomedical contraceptions; while others were ideologically opposed to fertility control.

Nevertheless, this finding still needs more furthermore study about this topic and

do not recommended women not to select hormonal contraception, because non-hormonal its side effect, there were any advantages of hormonal contraceptions than non-hormonal contraception. This reason was supported by recent finding Larios et al (2019) informed that women who select a hormonal contraception method had a better overall health-related quality of life versus those who used a non-hormonal method. Respondents who took hormonal contraception showed a higher score in all health-related quality of life domains (sexual and breast, menstrual, and social), exclude psychological domain versus those who used a non-hormonal method or none.

## CONCLUSION

This study proved there was no significant relationship between the length of use of injected contraception with sexuality ( $p=0,497>0,05$ ), but this study found that acceptors using injected contraception tend to experience declines in sexual passion even using it for at least one year. Declining in sexual passion in long-term contraception due to hormonal changes, resulting in drying in the vagina which causes pain during intercourse and ultimately decreases sexual passion. This study suggests exploring more detailed about the effect of injected contraception on sexual passion on fertile women.

**Conflict of Interest:** There was no conflict of interest regarding this study and publication.

**Ethical Clearance:** This study has been ethically approved and allowed by the Regional Investment and Coordination Board of South Sulawesi in Makassar.

**Funding:** This study was self-funded by researchers.

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PAGE 1

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PAGE 2

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PAGE 3

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PAGE 4

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